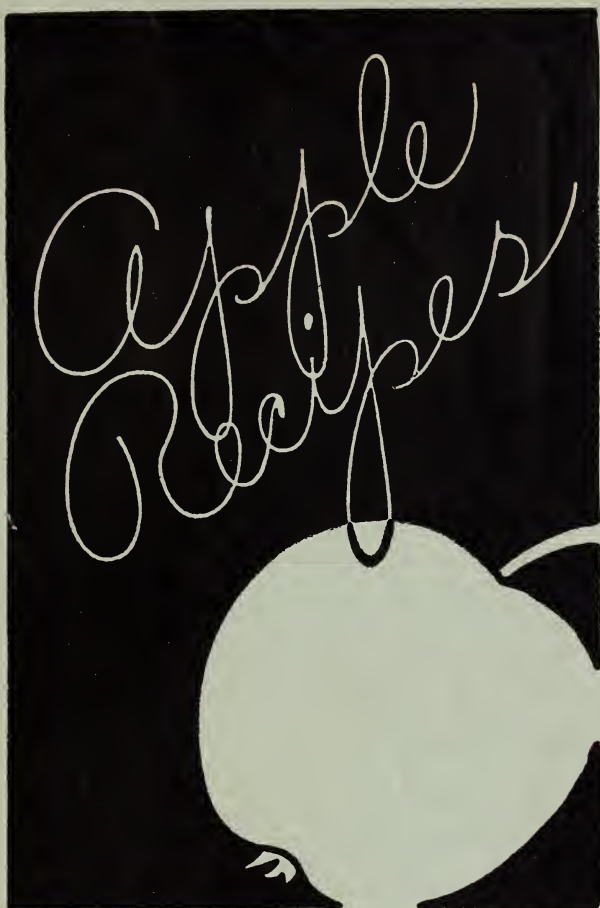


## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



1  
H75A



1  
H75A

*Issued by*

U. S. BUREAU OF HOME ECONOMICS  
Agricultural Research Administration  
U. S. Department of Agriculture  
Washington, D. C.

Revised 1942

## APPLES at any meal

### Scalloped Apples

Wash, core, and slice tart, firm apples. Place a layer of the sliced apples in a baking dish, sprinkle with sugar, and dot with fat. Put in another layer of apples and press down, add more seasoning, and keep on until the dish is heaping full. Cover and cook slowly for about 1 hour in a moderate oven. Then remove the cover, spread bread crumbs over the top, and return to the oven to brown the crumbs.

### Applesauce

Wash, pare, quarter, and core the apples; or leave the skins on if the sauce is to be put through a colander. Cook the apples until soft in a covered pan, using just enough water to keep them from scorching. Put the sauce through a colander, or stir until smooth. Sweeten to taste, and add a few grains of salt.

Flavor may be varied by adding lemon juice or spices, if available, such as cinnamon or cloves. Nutmeg should be added just before serving; it may make the flavor bitter on standing.

### Baked Apples

Wash the apples and core them without cutting through the blossom end. Place the apples in a baking dish; fill the holes with sugar or sirup, add a little fat and raisins, if desired. Add just enough water to keep the apples from sticking, and cover the dish. Bake in a hot oven (400° F.) until the apples are soft.

### Apple-Cranberry Relish

1 apple, pared and cored  
2 cups cranberries

1 orange  
Sweetening to taste

Put the apple and cranberries through a food chopper. Quarter the orange, remove seeds, and put through chopper. Add sweetening (about  $\frac{3}{4}$  cup sugar and  $\frac{3}{4}$  cup corn sirup or maple sirup or honey, or to taste), blend, and chill. Makes  $\frac{3}{4}$  quart of relish.

## APPLES with meat

### Fried Apples and Bacon or Salt Pork

Fry bacon or salt pork until crisp, drain, and keep hot. Leave about 4 tablespoons of fat in the skillet, fill it with sliced apples, sprinkle with sugar, if desired, cover, and cook slowly until tender. Remove the cover to let the apples brown. Serve on a hot platter with the bacon.

### Pork Chops With Stuffing and Apples

1 tablespoon minced onion  
Few sprigs parsley, chopped  
1 tablespoon fat  
1 cup fine dry bread crumbs  
 $\frac{1}{8}$  teaspoon savory seasoning

Salt and pepper to taste  
6 pork chops  
3 tart red apples

Cook the onion and parsley in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed. Sprinkle the chops with salt and pepper, rub lightly with flour, and sear in a hot skillet. Lay the chops on a rack in a baking dish or pan with cover. Cover each chop with the bread-crumbs mixture and then with half an apple, cored but not pared, cut side down. Cover, and bake in a moderate oven (350° to 375° F.) for 30 minutes, or until the meat is tender. Lift the chops onto a hot platter, and serve.

### Apple Stuffing

$\frac{1}{4}$  cup diced salt pork  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{4}$  cup chopped parsley

5 tart apples, diced  
 $\frac{1}{2}$  cup sugar  
2 cups fine dry bread crumbs

Fry the salt pork until crisp, and remove the pieces from the skillet. Cook the onion and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender; remove the lid and continue to cook until the apples are candied. Add the other ingredients to the apples. Pile the hot stuffing between pairs of spareribs, skewer them together, and bake. Or use in stuffing boned shoulder of fresh pork or roast duck.



## APPLES with vegetables

### *Scalloped Apples and Sweetpotatoes*

- |  |                             |
|--|-----------------------------|
| 3 medium-sized sweet-potatoes          | 2 tablespoons sugar         |
| 4 medium-sized apples, pared and cored | $\frac{1}{2}$ teaspoon salt |
|  | 3 tablespoons fat           |

Cook the sweetpotatoes in boiling water until tender; cool, and skin. Slice the sweetpotatoes and apples and place in alternate layers in a greased baking dish. Sprinkle each layer with sugar and salt, and dot with fat. Add a little water and bake for 15 to 20 minutes, or until the apples are soft and the top layer is brown. Serve in the baking dish.

### *Scalloped Apples and Cabbage*

- |                            |                    |
|----------------------------|--------------------|
| 1 quart tart sliced apples | 2 tablespoons fat  |
| 2 quarts shredded cabbage  | 1 teaspoon sugar   |
| 2 teaspoons salt           | 1 cup bread crumbs |

In a greased baking dish place alternate layers of the apples and cabbage, seasoning each with salt and fat and sprinkling the sugar on the apples. Over the last layer spread the bread crumbs. Cover, and bake in a moderate oven (350° F.) for 45 minutes, or until the cabbage and apples are tender. Toward the last remove the cover so the crumbs can brown. Serve in the baking dish.

### *Fried Apples With Onions or Carrots*

- |                            |                             |
|----------------------------|-----------------------------|
| 3 tablespoons fat          | 1 tablespoon sugar          |
| 1 quart sliced tart apples | $\frac{1}{4}$ teaspoon salt |
| 1 pint sliced onions       |                             |

Melt the fat in a heavy skillet, add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the sugar and salt over the apples and onions, and continue the cooking until they are lightly browned. Serve at once.

*With carrots.*—Substitute 6 medium-sized tender carrots for the onions. Scrape the carrots, cut lengthwise into thin slices and cook. Fry as above.

## APPLES in salads

### *Waldorf Salad*

Dice tart apples with the skins left on, and combine with chopped celery and chopped nuts (hickory nuts, pecans, boiled chestnuts, or blanched almonds). Add enough salad dressing to moisten. Serve at once on crisp lettuce or other salad greens. If walnuts are used, sprinkle them over the salad just before serving; the nut skins may darken the fruit.

### *Apple and Cabbage Salad*

Dice tart apples and combine with about equal quantities of finely shredded cabbage. Mix with salad dressing. Cream dressing seasoned with grated horseradish goes especially well with this combination. Serve at once on cabbage leaves.

For variety, add onions cut into thin rings.

### *Fruit Salad or Cup*

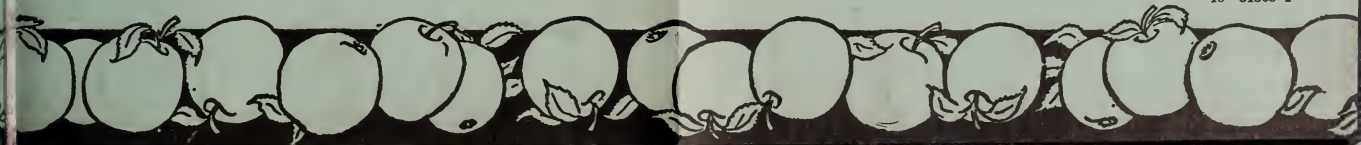
Diced apples, especially with the red skins left on, are excellent in many kinds of fruit salads or cups. The apples give the crisp texture often needed, particularly with canned fruits.

### *Cider Gelatin Salad*

- |   |                                |
|---|--------------------------------|
| 2 tablespoons gelatin                   | $\frac{1}{4}$ teaspoon salt    |
| $2\frac{1}{2}$ cups clear cider         | 1 tablespoon finely            |
| 1 cup chopped apples                    | chopped parsley or             |
| $\frac{1}{2}$ cup finely chopped celery | green pepper                   |
|   | $\frac{1}{4}$ cup chopped nuts |

Soak the gelatin in  $\frac{1}{2}$  cup of the cold cider. Heat the remainder of the cider to the boiling point, pour into the gelatin, stir until dissolved, strain, and chill. When the gelatin mixture begins to set, stir in the other ingredients, and pour into individual molds that have been rinsed in cold water. When set, turn out on salad greens and serve with salad dressing.

Crackers sprinkled with grated cheese and toasted go especially well with apple salads.



## APPLES in pastry

### Apple Pie

4 to 6 tart apples      1/4 teaspoon cinnamon  
Pastry                    1/4 teaspoon salt  
1/2 cup sugar or honey    2 tablespoons fat

Pare, core, and slice the apples. Line a deep pie pan with pastry, place a layer of apples over the bottom, sprinkle with a mixture of the sugar, cinnamon, and salt, dot with fat, and repeat until all are used.

Add the top sheet of pastry. Bake in a moderately hot oven (400° F.) for 10 minutes, lower the temperature to 375° F. and continue baking for 30 to 35 minutes, or until the apples are tender and the crust is golden brown.

*With melted cheese.*—Cover the top of a baked pie, hot or cold, with American cheese cut into thin slices or grated, and put in a very moderate oven (300° to 325° F.) until the cheese is melted. Serve while warm.

### Apple Turnovers

Roll out pastry dough into rounds about the size of a large saucer. On 1/2 of the pastry round, arrange layers of thinly sliced apples, sprinkle with a mixture of sugar, cinnamon, and a little salt, and dot with fat. Moisten the lower rim of the pastry, bring the other part over it, press the two edges firmly together with the tines of a fork, and prick the top crust so the steam can escape. Bake in a moderately hot oven (375° to 400° F.) for 20 minutes, or until the apples are tender.

### Apple Dumplings

Roll out pastry dough in rounds about the size of fruit plates. In the center of each, place a pared and cored apple. Sprinkle the apple with a mixture of sugar, cinnamon, and a few grains of salt, and dot with fat. Lift the edges of the dough and press together. Bake in greased muffin tins in a moderate oven (350° to 375° F.) for 30 minutes.

## APPLES in quickbreads and cake

### Apple Muffins and Griddle Cakes

Mix standard muffin batter, and pour into greased muffin pans until 2/3 full. Pare, core, and slice apples fairly thick and place 2 or 3 slices, notched edges down, on the muffins. Sprinkle with cinnamon and sugar and bake in a hot oven (400° to 425° F.) for 20 to 25 minutes.

*Griddle cakes.*—Add 2 cups of finely chopped apples to your standard griddle cake batter and bake.

### Apple Upside-Down Cake

|                                    |                            |
|------------------------------------|----------------------------|
| 1/4 cup fat                        | 1/4 teaspoon salt          |
| 1/2 cup sugar                      | 1/2 cup milk               |
| 1 egg                              | 2 to 4 firm-fleshed apples |
| 1 teaspoon vanilla                 | 1 teaspoon cinnamon        |
| 1 1/2 cups sifted soft-wheat flour | mixed with 1/4 cup sugar   |
| 2 teaspoons baking powder          |                            |

Cream the fat, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together and add alternately with the milk to the first mixture. Spread a thick coating of fat on the bottom and sides of a glass baking dish or a very heavy pan. Pare, quarter, and slice the apples thin, spread in an overlapping layer on the bottom of the baking dish, and sprinkle with the cinnamon and sugar. Pour the cake mixture over the apples. Bake in a very moderate oven (300° to 325° F.) for 45 minutes. Loosen the sides of the cake, turn it out carefully, upside down.

### Applesauce Cake

|                              |                           |
|------------------------------|---------------------------|
| 1/2 cup fat                  | 2 teaspoons baking powder |
| 3/4 cup sugar                | 2 cups sifted flour       |
| 1 egg                        | 1/2 teaspoon salt         |
| 1 cup unsweetened applesauce | 1/2 teaspoon cinnamon     |
| 1/2 teaspoon soda            | 1/4 teaspoon nutmeg       |
|                              | 1/2 teaspoon cloves       |

Cream the fat and sugar together. Add the beaten egg, then the applesauce. Sift the flour with the other dry ingredients and add to the liquid mixture. Beat well and pour into a greased pan. Bake in a moderate oven (325° to 350° F.) for 30 minutes.





## APPLES in desserts

---

### *Apple Brown Betty*

6 tart apples, diced  
1 quart bread crumbs (oven  
toasted until crisp and light  
brown)

$\frac{1}{2}$  cup sugar  
1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  cup melted fat

In a greased baking dish place alternate layers of apples and of crumbs. Sprinkle sugar, cinnamon, and salt over the apples. Pour the melted fat over the top layer of crumbs, cover, and bake for 30 to 45 minutes, or until the apples are soft. Toward the last remove the cover and allow the top to brown. Serve hot with plain or whipped cream.

### *Apple Tapioca*

$\frac{1}{2}$  cup quick-cooking tapioca  
2 cups boiling water  
 $\frac{1}{2}$  cup sugar or honey  
 $\frac{1}{2}$  teaspoon cinnamon

$\frac{1}{2}$  teaspoon salt  
Juice of 1 lemon  
3 pints sliced tart  
apples

Add the boiling water to the tapioca and cook in a double boiler for 15 minutes, or until the tapioca is clear. Add the sugar or honey, cinnamon, salt, and lemon juice. Arrange the apples in a greased, shallow baking dish and pour the tapioca mixture over them. Bake in a moderate oven until the apples are tender and the top is lightly browned. Serve hot or cold with plain or whipped cream.

### *Indian Apple Pudding*

$\frac{1}{3}$  cup coarsely ground  
corn meal  
1 quart milk  
1 teaspoon salt

$\frac{1}{2}$  cup molasses  
2 cups apples, finely diced  
 $\frac{1}{2}$  to 1 teaspoon ginger

Cook the corn meal, milk, and salt in a double boiler for 20 minutes. Add the molasses, apples, and ginger. Pour into a greased baking dish. Bake in a very moderate oven (300° F.) for 2 hours. Serve hot or cold with cream or vanilla ice cream.

